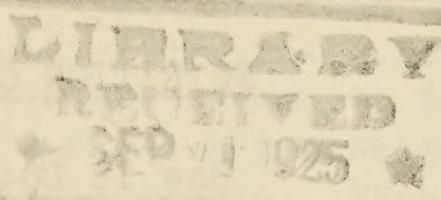


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UNITED STATES DEPARTMENT OF AGRICULTURE

Extension Service
Office of Exhibits

A Summary of the Exhibit

NUTRITION CLUBS

A booth exhibit showing how choice of food influences body weight; everything is harder for the undernourished child; and well-balanced meals make for health.

Specifications

Floor space - - - - - 13'3" front, 8'2"
Wall space - - - - - None, (deep).
Shipping weight - - - - - 875 lbs.
Electrical requirements - None.

BOYS AND GIRLS' 4-H CLUB WORK

NUTRITION CLUB

How It Looks

With this booth exhibit are two special attractions. The first one is a life-sized cutout group of three bright, healthy-looking club girls standing behind a table on which are placed wax models of foods. These three girls demonstrated that they could vary their weights by selection of foods and finally won the silver cup which is held by the girl in the center of the group.

In the corners of the booth are two ladders and cutouts of two life-sized boys. One strong, healthy looking boy has already reached the top of his ladder and from the expression on his face he seems to convey the impression that climbing the ladder is a very easy thing for him to do.

The other boy, who is not very strong, due to eating improper food, is just starting to climb his ladder and it is doubtful if he will succeed in reaching the top. The properly nourished boy always gets there first.

The side sections contain text explanatory of the two boys on the ladders. The center section shows a large colored picture of a family of five sitting down to a properly balanced meal. At the bottom of this section are pictures of various kinds of food best suited for the proper nourishing of children. The booth is 13'3" wide, 8'2" deep and 7'11" high.

What It Tells

As a result of nutrition or health clubs, boys and girls have learned to demonstrate to others of the community, sound corrective measures which aid in developing a healthy body to enjoy life and resist disease through the selection of foods that make for health and greater efficiency.

Many mothers are not able to come to group meetings and benefit indirectly through the advice given their children on better food and health habits.

The boys and girls enjoy being weighed and are eager to see their weight increase. They eat their food with interest and realize more keenly why some foods are of greater value than others.

In some States health contests are held in which the members are scored on the basis of their physical fitness. This new development in club work has forcibly centered the attention of club members and their parents upon the importance of an adequate family diet, thereby encouraging both garden and dairy club work.

Health clubs have been of much assistance in getting the children to form good habits. Many children have given up tea and coffee and are drinking milk and eating more green vegetables. They are taught the proper nourishment of the body, right living, that food should be eaten at regular intervals, including milk and two green vegetables a day, eat plenty of fresh fruit, to wear healthful clothing, not to play or work to excess, and to sleep with the windows open.

Team demonstration is encouraged as a means of spreading the influence of nutrition club work and as a means of developing the best in the club members themselves.

Exhibits of nutrition clubs set good examples to children and parents in the wise choice of foods which determines whether or not they shall build their life structure on a foundation of health and strength. Life-sized figures of boys and girls are frequently used, illustrating a difference in their weight and showing the proper food to eat when trying to reduce or gain.

In 1924 there were 2,522 boys' and girls' nutrition clubs conducted by extension workers cooperatively employed by the U. S. Department of Agriculture and State agricultural colleges; 9,195 boys enrolled; and 55,167 girls enrolled.

Where to Get Information

Information on the activities of Boys and Girls' 4-H Club Work may be obtained free of charge from the following sources:-

- 1.- County Extension Agents
- 2.- State Agricultural Extension Service at the State College of Agriculture
- 3.- U.S. Department of Agriculture, Washington, D.C.
- 4.- State and Federal Reports on Farm Boys and Girls' 4-H Club Work